



# TUSCAN POLENTA & BRUSSELS SPROUT BOWLS

plus Tomato, Carrots & Parmesan

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Brussels Sprouts



6 oz | 12 oz  
Carrots



1 | 2  
Red Onion



1 | 2  
Tomato



1 Clove | 2 Cloves  
Garlic



1 | 1  
Lemon



1 TBSP | 1 TBSP  
Tuscan Heat Spice



1 | 2  
Precooked Polenta



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



4 TBSP | 8 TBSP  
Cream Cheese  
Contains: Milk



1 | 2  
Veggie Stock  
Concentrate



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the  
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 650



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 480



HELLO

### PRECOOKED POLENTA

All the creamy, savory joy, without the wait. Just heat, mix, and enjoy!

### SPROUTS HONOR

Prefer your Brussels sprouts extra crispy? In Step 2, arrange them cut sides down. That flat surface will brown beautifully in the oven.

### BUST OUT

- Peeler
  - Zester
  - Baking sheet
  - Small pot
  - Potato masher
  - Whisk
  - Paper towels <sup>🇺🇸</sup>
  - Large pan <sup>🇺🇸</sup>
  - Kosher salt
  - Black pepper
  - Olive oil (2 tsp | 4 tsp)
  - Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) <sup>🇺🇸</sup>
  - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

### HOW WAS YOUR MEAL?



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### 1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and halve **Brussels sprouts**. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges. Halve **tomato**; cut into ½-inch-thick wedges. Peel and mince or grate **garlic**. Zest and quarter **lemon**.



### 3 MAKE POLENTA

- Meanwhile, in a small pot, combine **polenta** and ⅓ cup **water** (¾ cup for 4 servings) over medium heat. Mash with a potato masher until mostly smooth, 30-60 seconds.
- Add **sour cream**, **cream cheese**, **stock concentrate**, **half the Parmesan**, and **1 TBSP butter** (2 TBSP for 4).
- Whisk until cheese melts and polenta is simmering and thickened, 2-3 minutes more. Season with **salt** and **pepper** to taste. Keep covered off heat until ready to serve.



### 2 ROAST VEGGIES

- On a baking sheet, toss **Brussels sprouts**, **carrots**, **onion**, **tomato**, and **garlic** with a **large drizzle of oil**, **half the Tuscan Heat Spice** (all for 4 servings), **salt**, and **pepper**. (For 4, toss as instructed, then divide between two baking sheets.)
- Roast on top rack until browned and tender, 15-20 minutes. (For 4, **roast on top and middle racks, swapping rack positions halfway through cooking.**)

- 🇺🇸 While veggies roast, pat **chicken\*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.



### 4 FINISH & SERVE

- Once **veggies** are done roasting, carefully add **juice from half the lemon** (whole lemon for 4 servings) and **lemon zest** to taste; toss to combine. Taste and season with **salt** and **pepper** if needed.
- Before serving, briefly stir **polenta** (**rewarm over medium heat if necessary**). **TIP: If polenta seems too thick, stir in a splash of water.**
- Divide polenta between shallow bowls and top with roasted veggies. Drizzle with **olive oil** and sprinkle with **remaining Parmesan**. Serve with any remaining lemon wedges on the side.

- 🇺🇸 Slice **chicken** crosswise; serve atop **polenta** along with **roasted veggies**.

<sup>🇺🇸</sup> \*Chicken is fully cooked when internal temperature reaches 165°.